What is claimed is:

1. A method for sharing recipes of a user of a weight control program with a community of users on a network, said method comprising:

receiving at least one recipe from the user to be shared with other users on the network;

presenting a selectable list of data items, including body weight, to the user;

receiving the list of data having a corresponding indication of data items selected therefrom;

determining the selected data items; and

storing the at least one recipe and selected data items on an address located on the network to be accessible to the community.

2. The method according to claim 1, further comprising receiving at least one of the following from the selectable list of data items:

user name, birthdate, gender, marital status, number of children, profession, start weight, current weight, and weight goal.

3. The method according to claim 1, wherein each data item has an associated selectable element for selection of the data item.

4. The method according to claim 1, further comprising distributing the selected data items to the community.

5. The method according to claim 1, wherein said receiving of the at least one recipe includes receiving from the user food items having associated food values to form the ingredients of the recipe.

6. The method according to claim 5, further comprising posting the recipe to a message board.

7. The method according to claim 5, further comprising:

accessing a database having the associated food values with the food items; and

storing the associated food values in association with the food values at the address located on the network.

8. The method according to claim 7, wherein the recipe is user-defined.

9. The method according to claim 1, wherein said storing of the at least one recipe includes storing of a food value for the recipe calculated by a processor on the network using nutritional data for the ingredients of the recipe, the nutritional data being stored on the network.

10. A system for generating and displaying a single, composite nutritional indicator for a serving of a multiple ingredient recipe, the recipe being supplied by the user of the system, said system comprising:

a user interface for receiving from the user the identity and amount of the ingredients of the recipe and serving size information;

a database containing nutritional data for common recipe ingredients including the recipe ingredients identified by the user;

a processor for calculating the single, composite nutritional indicator for a serving of the recipe from the user information and the database data; and

a display field for displaying the calculated composite nutritional indicator for a serving of the recipe.

11. The system according to claim 10, wherein the calculation of the composite nutritional indicator takes into account plural nutritional parameters for each ingredient and wherein the composite nutritional indicator is utilized in planning daily food intake to achieve weight control.

12. The system according to claim 10, further comprising a computational software element operable to compute the single, composite nutritional indicator.

13. The system according to claim 12, wherein the user interface further includes individual nutritional indicator display fields operable to display the nutritional indicators associated with each ingredient of the recipe.

14. The system according to claim 12, wherein the user interface further includes selectable indicia operable to be selected to include or remove the ingredients of the recipe.

15. The system according to claim 10, wherein the user interface includes a selectable list of the ingredients associated with at least one of a food manufacturer and a restaurant.

16. The system according to claim 10, further comprising a second database operable to maintain a history of consumption of the multiple ingredient recipes and associated single, composite nutritional indicators.